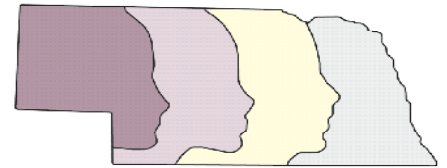


September - December 2005

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

Volume 1, Issue 3

Healthy Ways...Healthy Days

For The Garden of Living...

PLANT THREE ROWS OF PEAS:

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

PLANT FOUR ROWS OF SQUASH:

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness



PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce really Love one another

NO GARDEN WITHOUT TURNIPS:

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help one another

OUR GARDEN MUST HAVE THYME:

1. Thyme for Each other
2. Thyme for Family
3. Thyme for Friends

**WATER FREELY WITH PATIENCE AND
CULTIVATE WITH LOVE.**

If you would like more
information on women's health
issues, please visit

www.hhss.ne.gov/womenshealth

or contact us at

every.woman.matters@hhss.ne.gov

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Making Sense of Portion Sizes

Below are some ways to help you picture a serving or portion size using everyday objects. Using these everyday examples can help show that you may actually be eating more servings from the Food Guide Pyramid than you think!

(*Remember that hand and finger sizes vary from person to person – these are guides only.)

Grains

- 1 cup of potatoes, rice, pasta = a tennis ball or an ice cream scoop
- 1 pancake = a compact disc (CD)
- 1 piece of cornbread = a bar of soap
- 1 slice of bread = a cassette tape
- 1 cup of cereal = a closed fist

Vegetables

- 1 cup green salad = a baseball or a fist
- 1 baked potato = a fist
- $\frac{3}{4}$ cup tomato juice = a small Styrofoam cup
- $\frac{1}{2}$ cup cooked broccoli = a scoop of ice cream or a lightbulb
- $\frac{1}{2}$ cup serving = 6 asparagus spears, 7 baby carrots or carrot sticks, 1 ear of corn on the cob

Fruits

- $\frac{1}{2}$ cup of grapes (about 15) = a lightbulb
- $\frac{1}{2}$ cup of fresh fruit = 7 cotton balls
- 1 medium size fruit = a tennis ball or fist
- 1 cup of cut up fruit = a fist
- $\frac{1}{4}$ cup raisins = a large egg

Dairy

- 1 $\frac{1}{2}$ ounces of cheese = a 9-volt battery, 3 dominoes, or your index and middle fingers
- 1 ounce of cheese = a pair of dice or your thumb
- 1 cup of ice cream = a large scoop the size of a baseball

Meat & Beans

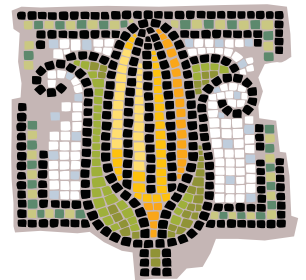
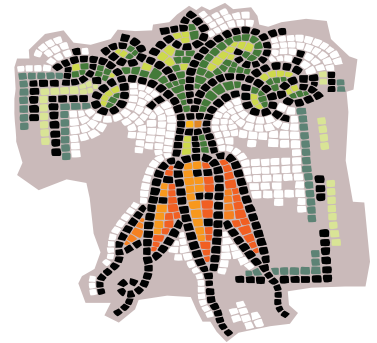
- 2 tablespoons of peanut butter = a ping pong ball
- 3 ounces of cooked meat or poultry = a palm, a deck of cards, a cassette tape
- 3 ounces grilled or baked fish = a checkbook
- 3 ounces of cooked chicken = a chicken leg and thigh or breast

Fats, Oils, & Sweets

- 1 teaspoon butter or margarine = a stamp the thickness of your finger or a thumb tip
- 2 tablespoons salad dressing = a ping pong ball

Snack Foods

- 1 ounce of nuts or small candies = one handful
- 1 ounce of chips or pretzels = two handfuls
- $\frac{1}{2}$ cup of potato chips, crackers, or popcorn = one handful



Sources:

Oregon State University Extension Home Economics
http://www.cancer.org/docroot/PED/content/PED_3_2x_Portion_Control.asp
<http://www.cchs.net/health/health-info/docs/2400/2433.asp?index=9466>

Healthy Autumn Recipes

Berry Bean Blast

1 can (15 ounces) Great Northern Beans or navy beans, drained and rinsed

1½ cups orange juice

2 cups quartered strawberries

2 to 3 tablespoons honey

1½ teaspoons ground cinnamon

1/8 teaspoon ground nutmeg

6 to 8 ice cubes

Process all ingredients except ice cubes in blender until smooth. Add ice cubes and blend until smooth. Serve in glasses.

Nutrition Information Per Serving (serving size 6 ounces): 207 calories; 1 g fat; 4% calories from fat; 43 g carbohydrates; 134 mg folate; 245 mg sodium; 9 g protein; 2 g dietary fiber; 0 mg cholesterol

Basic Turkey Burgers

1 pound ground turkey

1/2 cup seasoned bread crumbs

1/3 cup finely chopped onion

1 Egg, beaten

1 teaspoon soy sauce

1 teaspoon Worcestershire sauce

1/2 teaspoon garlic powder

1/4 teaspoon dry mustard

4 Burger buns, toasted (optional)

In a large bowl combine turkey, bread crumbs, onion, egg, soy sauce, Worcestershire sauce, garlic powder and mustard. Shape meat mixture into 4 patties, each 1/2-inch thick. On a lightly greased broiling pan, about 6 inches from heat, broil burgers 3 to 4 minutes per side, or until no longer pink in the center. Or you can grill over a hot grill outside. Serve burgers on buns.

Nutrition Information Per Serving (1 patty): 311 calories; 14 g fat; 144 mg cholesterol; 807 mg sodium; 28 g protein

Luminous Lemon-Pepper Potatoes

Use the microwave and save time on this made-in-one-dish recipe.

1 1/3 pounds (4 medium) potatoes, cut into

1½-inch cubes

1½ tablespoons butter or margarine, cut into small pieces

1½ tablespoons fresh lemon juice

1 teaspoon minced garlic

1 tablespoon chopped parsley

1½ teaspoons grated lemon peel

¼ to ½ teaspoon ground black pepper

Salt, to taste

Place potatoes, butter, lemon juice and garlic in shallow 1 1/2-quart microwave-safe dish; toss. Cover with plastic wrap, venting one corner. Microwave on High 10 to 12 until just tender. Mix in parsley, lemon peel and pepper. Season with salt.

Note: Microwave cooking times are based on a 700-watt microwave. Adjust cooking times to your own oven.

Nutrition Information Per Serving (serving size ¼ of recipe): 170 calories; 4 g fat; 12 mg cholesterol; 52 mg sodium; 31 g carbohydrate; 3 g fiber; 3 g protein

Breast Cancer: Facts, Questions, & Answers

Questions and Answers About Your Breast Health

Q. I exercise and eat right. Am I at risk for breast cancer?

A. All women are at risk for breast cancer. But, you can do things that may improve your overall general health. Exercise and eat a diet rich in fruits and vegetables.

Q. My mother had breast cancer a few years ago. Does that mean that I will get breast cancer too?

A. Most women who get breast cancer have no family history of the disease. If someone in your family has had breast cancer or you are concerned about your risk, talk to your doctor. Learn about your choices and ask when to start getting mammograms.

Q. I get together with my friends, every now and then we have a couple of drinks. Does drinking alcohol increase my chance of breast cancer?

A. Studies have shown that drinking a lot of alcohol could increase your risk for breast cancer. If you drink alcohol, drink less than one drink per day.

Q. My breasts feel lumpy and tender at certain times of the month. Does this increase my chance for breast cancer?

A. Breast lumpiness with tenderness or pain at certain times of the month is called

fibrocystic breast changes. These breast changes are common and do not increase your chance of getting breast cancer. Do a breast self-exam each month. Get to know the way your breasts look and feel. Learn what is normal for you.

Q. I am a co-survivor, what can I do to help?

A. When someone you love has breast cancer, sometimes it's hard to know what to say or do. You can be a great source of emotional and practical support. For example, cook dinner for her, pick up the kids from school or do the laundry. Also, make sure you spend quality time with her and really listen to what she says. Give her space when she needs it or a hug to show how much you love her. You may not be able to do everything, but just by caring you are helping.

Learn the Facts:

- o All women are at risk for breast cancer.
- o Being a woman is the number one risk factor for breast cancer. Your breast cancer risk increases as you get older.
- o Most women who get breast cancer have no other known risk factors.
- o Although breast cancer is more common in women over age 40, younger women

can also develop breast cancer.

- o This year, 211,240 women will be diagnosed with breast cancer and 40,410 women will die from the disease.
- o In 2005; it is estimated that 1,690 men will be diagnosed with breast cancer, and 460 will die from it.
- o Breast cancer is the most common type of cancer among women.
- o When breast cancer is found early (within the breast), your chance for survival is the greatest.
- o In the United States today, there are more than two million breast cancer survivors.

Screening Can Help Save Lives

Lack of access to health care and not getting mammograms may explain at least some of the racial and ethnic differences in breast cancer rates. For this reason, it is important to follow the three-step early detection plan.



Continued on page 5

Healthy Ways... Healthy Days

Feedback Form

This newsletter was created based on what you - Every Woman Matters clients - told us you wanted. Please take a moment now to fill out this Feedback Form and mail it back to us. Your opinions matter, and will help us in planning future issues of the newsletter.

		Very Helpful	Somewhat Helpful	Not Helpful
Jan-Apr Issue	Stress			
	Heart Health			
	Physical Activity			
	Nutrition			
	Cervical Health			
	Colorectal Cancer			
	Recipes			
May-Aug Issue	Exercise Tips			
	Depression			
	Tobacco Cessation			
	Arthritis			
	Recipes			
Sep-Dec Issue	Food Portions			
	Cholesterol			
	Breast Cancer			
	Recipes			

How did you find the layout of the newsletter – was it easy to read? ☐ Yes ☐ No
 If not, what would you like to see done differently? _____

Do you like receiving the newsletter 3 times per year? ☐ Yes ☐ No
 If not, how often would you like to receive the newsletter? _____

Do you feel that receiving this newsletter is a good way to learn about health information?
☐ Yes ☐ No

Comments: _____

What other healthy lifestyle information/topics would you find helpful? _____

Thank you for taking the time to give us your opinions!
Your answers will be used to improve future issues of the newsletter.

We need some important feedback from you!

Every Woman Matters is developing a Colorectal Cancer Screening Program for clients who are over 50 years of age. Other persons in the household who are over 50 years of age could also take advantage of this program. You can help us by filling out the questions below and sending them back to us. Thank you in advance for your time.

What is your age? ☐ 40-49 ☐ 50-64 ☐ 64+ ☐ Other _____

What is your race? _____

Have you ever had a test for colorectal cancer? ☐ Yes ☐ No ☐ Don't Know

If yes, what type of test did you do? ☐ Stool sample card (Fecal Occult Blood Test/FOBT)
☐ Colonoscopy
☐ Other _____
☐ Don't Know

Is there another person in your household over the age of 50? ☐ Yes ☐ No

If yes, are they: ☐ Male ☐ Female

Has the other person in your household been tested for colorectal cancer?

☐ Yes ☐ No ☐ Don't Know

If yes, what type of test did they do? ☐ Stool sample card (Fecal Occult Blood Test/FOBT)
☐ Colonoscopy
☐ Other _____
☐ Don't Know

For others in your household, what would make it worth their time to complete the test? Is there a gift, prize, or something else that would make you more likely to complete the colorectal cancer screening test? ☐ Yes ☐ No

If yes, please give us some examples _____

What would make it worth your time to complete the test? Is there a gift, prize, or something else that would make you more likely to complete the colorectal cancer screening test?

☐ Yes ☐ No

If yes, please give us some examples _____

If colorectal cancer screenings were available, would you enroll to receive colorectal cancer screening? ☐ Yes ☐ No

If no, why not? _____

If a program were available to others in your household do you think they would enroll to receive colorectal cancer screening? ☐ Yes ☐ No

If no, why not? _____

Every Woman Matters will be bringing together separate groups of men and women 50 years of age and older together to help us understand their feelings about colorectal cancer screening. If a group discussion were held in your area would you be willing to participate and share your thoughts about program services? ☐ Yes ☐ No

Would you be willing to provide input on program messages, materials, and ideas individually through mailed surveys from time to time? ☐ Yes ☐ No ☐ Don't Know

Please provide your name and address so that we can send you a gift for filling out and returning this survey. (We will also use this information for contacting you if you checked yes to either of the two questions directly above.)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Best time to reach you? ☐ a.m. ☐ p.m.

E-mail: _____

THANK YOU!!

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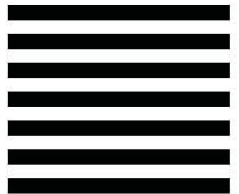


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(fold here)

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

Help Us Help You!

Please help us help you by giving us your opinion of this newsletter. We will use your thoughts and ideas for future issues.

Simply fill out the attached Feedback Form, fold it on the lines, tape it closed, and mail it back to us. The postage is already paid.

To show our appreciation, the first 1,000 women to return their Feedback Forms will receive a gift!

Breast Cancer: Facts, Questions, & Answers, continued

Three-Step Early Detection Plan:

1. Do Breast Self-Exam (BSE) each month starting by the age of 20. Get to know your breasts. Report any changes to your doctor or nurse.
2. Have a Clinical Breast Exam (CBE) by your doctor or nurse at least every 3 years starting at age 20, and every year after age 40.
3. Have a mammogram (breast x-ray) at least every other year starting at age 40 and every year after age 50.

Risk Factors for Breast Cancer

- Relatives who have had breast cancer
- Age (risk increases with age, especially after 50)
- Previous occurrence of breast cancer
- First menstrual period before age 12
- First baby born after age 30, or no children
- Menopause after age 55
- Obesity
- High-fat diet
- Regular consumption of alcohol
- Smoking
- History of endometrial or ovarian cancer

Cholesterol and Heart Health: The Connection

Cholesterol can be both good and bad, so it's important to learn what cholesterol is, how it affects your health and how to manage your blood cholesterol levels. Understanding the facts about cholesterol will help you take better care of your heart and live a healthier life, reducing your risk for heart attack and stroke. To control your cholesterol, get a cholesterol screening, eat foods low in saturated fat and cholesterol, maintain a healthy weight, exercise regularly and follow all your healthcare professional's recommendations.

What Is Cholesterol?

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. It's normal to have cholesterol. It's an important part of a healthy body because it's used for producing cell membranes and some hormones, and serves other needed bodily functions. But too high a level of cholesterol in the blood is a major risk for coronary heart disease, which leads to heart attack. It's also a risk factor for stroke. Hypercholesterolemia is the term for high levels of blood cholesterol.

You get cholesterol in two ways. Your body makes some of it, and the rest comes from cholesterol in animal products that you eat, such as meats, poultry, fish, eggs, butter, cheese and whole milk. Food from plants — like fruits, vegetables and cereals — doesn't have cholesterol. Some foods that don't contain animal products may contain trans-fats, which cause your body to make more cholesterol. Foods with saturated fats also cause the body to make more cholesterol.

Low-density lipoprotein, or LDL, is known as the "bad" cholesterol. Too much LDL cholesterol can clog your arteries, increasing your risk of heart attack and stroke. High-density lipoprotein, or HDL, is known as the "good" cholesterol. Your body makes HDL cholesterol for your protection. It carries cholesterol away from your arteries. Studies suggest that high levels of HDL cholesterol reduce your risk of heart attack.

Healthy Eating & Lowering Your Cholesterol:

It's fairly easy to lower your blood cholesterol. Just eat more foods low in saturated fat and cholesterol and cut down on high-fat ones, especially those high in saturated fats. Here are some simple daily guidelines:

- Watch your caloric intake by eating a wide variety of foods low in saturated fat and cholesterol.
- Eat at least five servings of fruits and vegetables every day.
- Eat six or more servings of cereals, breads, pasta and other whole-grain products.
- Eat fish, poultry without skin and leaner cuts of meat instead of fatty ones.
- Eat fat-free or 1% milk dairy products rather than whole-milk dairy products.
- Enjoy 30–60 minutes of vigorous activities on most (or all) days of the week.
- Maintain a healthy weight.

Ask Me 3

Every time you talk with a health care provider use the Ask Me 3 questions to better understand your health.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

You should not feel rushed or embarrassed if you don't understand something. Ask your health care provider to make it clear.



Ask Me 3 is sponsored by the
Partnership for Clear Health Communications

Cholesterol and Heart Health: The Connection, continued

Lifestyle Changes & Cholesterol

- Ask your doctor or healthcare professional to help you with nutrition and physical activity advice.
- Learn to read food labels so you'll be able to tell how much (and what kind) of fat, sodium and other ingredients are in your diet.
- Keep a diary of all your nutrition and physical activity efforts. Seeing your successes written down will encourage you to continue your good habits.
- If you don't feel like you're making progress, talk to your doctor and ask why your progress is slow.
- If you're having trouble quitting smoking, ask your doctor if you can take a smoking cessation drug to help.
- Be active in making treatment decisions and solving problems to help you follow your doctor's orders.

What You Can Do!!

Learn the facts about cholesterol, have regular screenings and, if you need to lower your cholesterol level, work with your healthcare professionals to set up a plan. Reduce your risk of heart attack — take responsibility for managing your cholesterol levels. By lowering your blood cholesterol level, you'll cut your risk for heart disease, heart attack and stroke! Visit the Nebraska Office of Women's Health website at www.hhss.ne.gov/womenshealth or The American Heart Association at www.americanheart.org for more information.



The Nebraska Health and Human Services System is committed to affirmative action/ equal employment opportunity and does not discriminate in delivering benefits or services.

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NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



DEPARTMENT OF SERVICES • DEPARTMENT OF REGULATION AND LICENSURE • DEPARTMENT OF FINANCE AND SUPPORT

Krissy's Corner

Hi Ladies! My name is Krissy, and I will be sharing some information with you that may give you encouragement and knowledge about our program, that will make your experience a good one.

Q. "Why am I getting bills, when Every Woman Matters is supposed to cover everything?"

A. We cover a lot of services, but do not cover all services. When you receive your screening packet, it will include your screening visit card, and a list of services we do and do not cover.

Please read everything carefully before your office visit.

If you receive a bill for covered services, you can:

1st: call your provider to see if they have billed us and have received a check from us (sometimes things cross in the mail).

2nd: Call us at 1-800-532-2227 and we will be happy to help you!

Thought: Those who have endured trials can help others with experience...

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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